

### ABSTRACT OF THE DISCLOSURE

An initialization method in which a phase change optical recording medium is initialized with a laser beam having a power density of from 15 to 22 mW/ $\mu\text{m}^2$  at a linear velocity of from 8 to 12 m/s. The phase change optical recording medium is formed of a transparent substrate having a guide groove on the surface thereof, a first protective layer, a recording layer, a second protective layer and a reflective layer. The recording layer material may be represented by the following composition formula:  $\text{Ag}\alpha\text{X}\beta\text{Sb}\delta\text{Te}\epsilon\text{Ge}\gamma$ , wherein X is at least one of Ga, In, Tl, Pb, Sn, Bi, Cd, Hg, Mn, Dy, Cu and Au, and  $\alpha$ ,  $\beta$ ,  $\delta$ ,  $\epsilon$ , and  $\gamma$  have units of atomic % and satisfy particular relationships.